

REPORT

Trauma & Resilience- Informed Approaches to Mental Health

ARAISA 2019 PD
October 8 to 10, 2019

Best Western Plus
Chocolate Lake Hotel
Halifax, NS



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et Citoyenneté Canada



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Agenda

The ARAISA 2019 PD event began on Tuesday, October 8, 2019, with a keynote presentation by Dr. Ghayda Hassan (UQAM). Her "Mental Health for Newcomers: an Overview" set the stage for the rest of the event. Participants found it particularly valuable – 76% of them strongly agreed, and 24% agreed that the presentation was relevant and useful; a whopping 100%!

An incredible panel session followed Dr. Hassan's introduction. Five panellists shared their personal mental health experiences with attendees. The diverse panel talked about the programs that helped them the most, the types of challenges they faced, and also gave their suggestions to improve or strengthen programming. Thank you so much to the panellists who shared their stories with us.

The next day, participants attended their choice of three concurrent workshops, including: Mindfulness; Un-program the Program; Understanding resilience in children and youth. Please refer to the Appendix for the event's full program, as well as the presenters' bios.

In addition to these workshops, Dr. Sophie Yohani (University of Alberta) was able to join us virtually from Edmonton, AB. Joanne Owuor Larocque (Multicultural Association of Fredericton) facilitated the session. Thank you to them both and to technology for making this possible!

To wrap up this very full day, attendees were offered a choice of optional networking and skill-building activities, providing participants an opportunity to relax and wind down through either fitness or art therapy.

On the third and last day, Natasha Beg (IRCC) talked about "Increased focus on mental health and well-being: A Settlement Program policy perspective." Her presentation was very well received, with 90% of participants either strongly agreeing or agreeing that the keynote was relevant and useful.

After this IRCC presentation, all attendees came together to take part in a series of roundtable discussions. Using the World Café method, participants discussed challenges, promising practices and recommendations related to trauma and resilience-informed approaches to mental health in the following areas: clients, staff, organizations and community. These conversations provided an opportunity for staff from across the region to discuss and share their ideas and experiences with peers; to identify challenges, best practices; and to offer recommendations for improved programming. In this report, you will find a summary of those discussions.

Many thanks to all the participants who we hope will be able to implement new practices in their everyday jobs, to the hardworking planning committee who made this event possible, and to the exceptional presenters who took the time to share their work. Thank you!





3 DAYS

October 8 - 2:30 p.m. to 8:30 p.m.
October 9 - 8:15 a.m. to 8:30 p.m.
October 10 - 8:15 a.m. to 1:00 p.m.



HALIFAX, NS

Best Western Plus
Chocolate Lake Hotel

87 ATTENDEES
from across
the Atlantic

20 SPEAKERS



3 KEYNOTES

9

WORKSHOPS

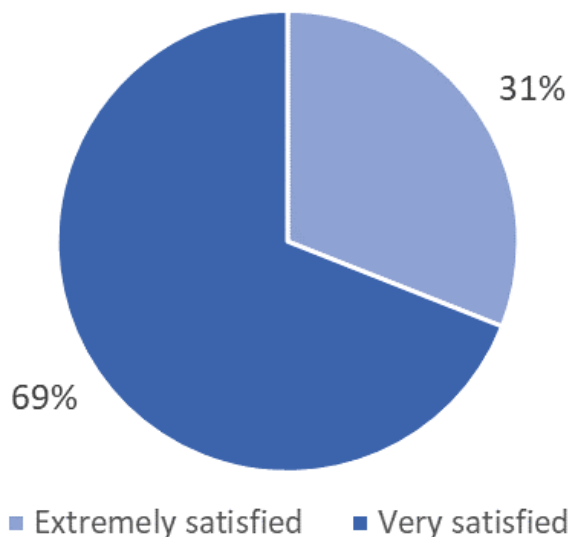
1 PANEL
5 newcomers sharing
their experience

**2 NETWORKING
ACTIVITIES**

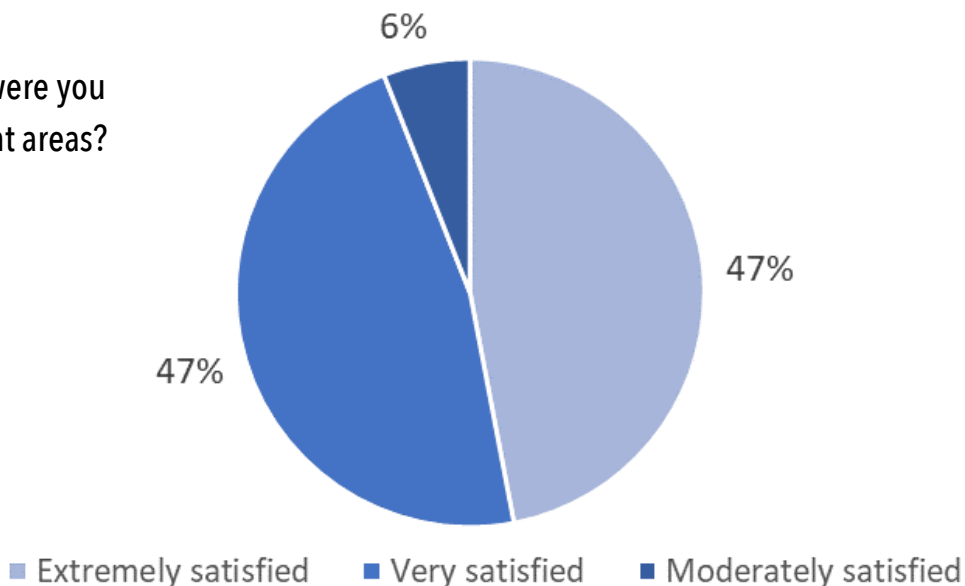
4
**ROUNDTABLE
DISCUSSIONS**

5
**PLANNING
COMMITTEE
MEETINGS**

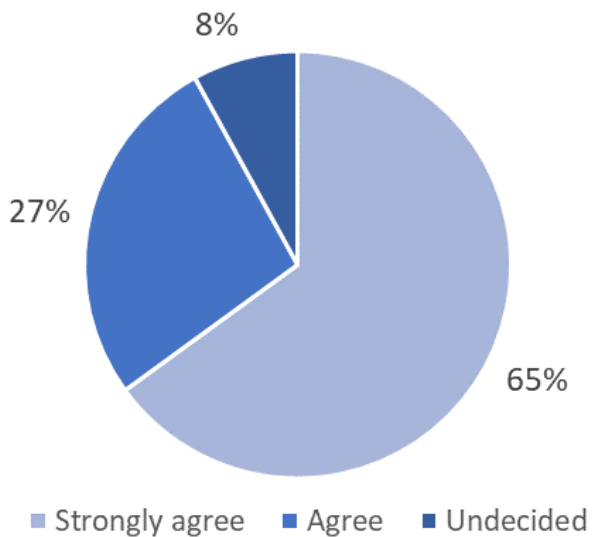
How satisfied were you with the event overall?



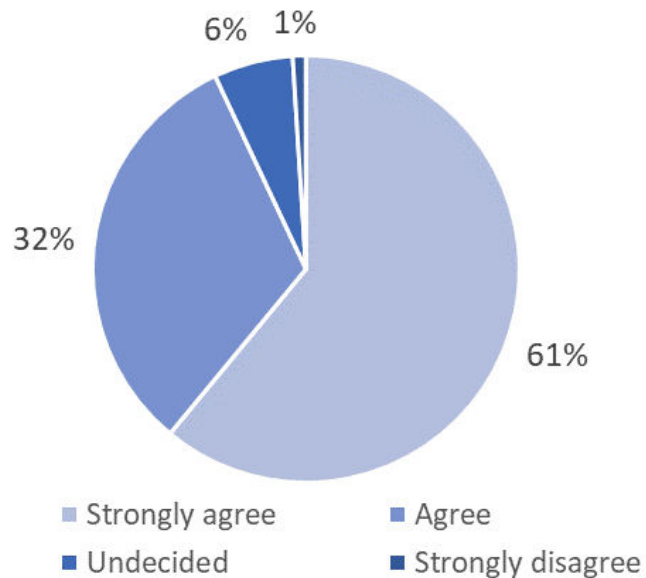
How satisfied were you with the content areas?



The information of the keynotes will be useful to my work.



The information of the workshops will be useful to my work.



"Overall, everything was great and organized. The thing I liked most was introduction to other settlement providers from different provinces. The organization of the event was also great and impressive."

"The event was perfect and it met my needs."

"I am very happy to have attended this conference. I have taken a lot away. Thank you so much!"

"GOOD CONFERENCE AND VERY WELL ORGANIZED."

"I appreciated the richness, diversity and the commitment of the participants."

"I learned a lot from this conference, and I look forward to the future conferences."

What promising practices, tools and strategies do you use when supporting clients with mental health needs?

Participants shared a multitude of best practices, demonstrating the innovative practices and resourcefulness of front-line settlement workers. Attendees highlighted the importance of engaging with ethnocultural and religious communities and reaching out to community leaders. It is often easier for clients to trust people they identify with, which is why fostering community partnerships works well. Having staff who reflect the culture and language of the client also contributes to creating a safe space and confidential environment.

Participants also noted that building a relationship with clients is essential, as is treating them as human beings and not just 'cases', as well as demonstrating compassion and empathy.

Involving clients in activities was mentioned as a good way of preventing isolation, which in turn prevents the development of (additional) mental health issues.

Finally, targeted programming – such as programs for men and boys – was also highlighted as a good practice.

What are the challenges related to mental health when supporting clients?

Participants identified several barriers in regards to this topic: language, lack of diversity in mental health experts, lack of resources, lack of cultural competency, and lack of support for refugee clients specifically. In addition to these limitations, attendees described clients' feelings as a point of concern: guilt, anxiety, fear, loss of pride and hope, helplessness.

The immigration status of clients and the lack of credential recognition can lead to precarious situations (i.e., unemployment, underpaid jobs, bad work conditions), which can increase their mental health issues.

Participants expressed particular concerns regarding youth, who often experience peer pressure from other children and isolation due to language barriers. Moreover, in most cases, they are thrust into adulthood by taking on the role of interpreters for their family or by helping provide for the household. There can also arise circumstances of children being put into child protection services, which can lead to further mental health problems.

What recommendations do you have to better support clients with mental health needs?

Attendees expressed a few ideas that would help them better support clients. At the top of the list: more funding for training. Mental health first aid training was mentioned the most, but also professional interpretation related to mental health specifically, as well as cultural competency so that counsellors are more culturally sensitive.

Participants recommended that organizations reach out to communities and stakeholders. Ethnocultural associations and religious communities are essential and trustworthy for newcomers. They can reassure immigrants and refugees and be a bridge with settlement organizations. Having a "cultural broker" in a liaison role between communities and settlement workers was mentioned as a recommended practice.



What promising practices, tools and strategies can be used to support the wellness of settlement staff?

There is always room for improvement and participants identified many good practices that could be used by organizations. They mentioned that organizations should facilitate work/life balance by providing work cellphones and computers, allowing remote work and providing training on how to establish boundaries.

A focus was placed on self-care opportunities and wellness activities for staff, such as self-care days, yoga, mindfulness, team activities, office space with windows and plants and an Employee Assistance Program (EAP) for all staff.

Leadership plays a crucial role in the wellness of settlement staff. Attendees highlighted that management should have mental health training, make staff feel valued, facilitate team bonding, hold regular meetings to debrief and to follow-up, and lead by example.

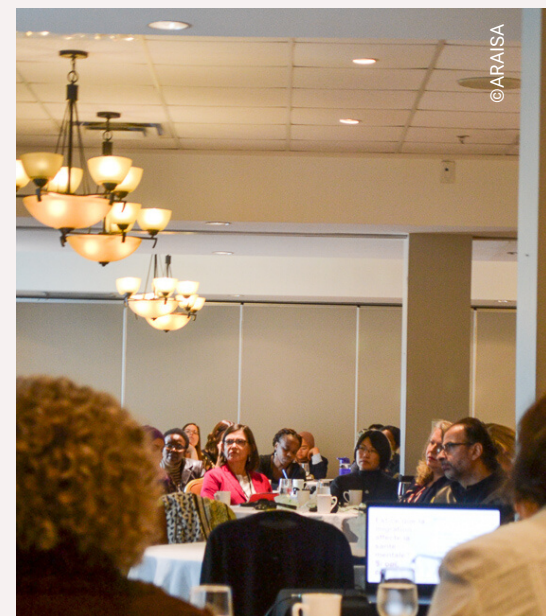
What are the challenges facing settlement staff in terms of mental health?

Being front-line workers, settlement staff face important challenges. Their job can trigger mental health and well-being issues: vicarious trauma, burn out, compassion fatigue, feelings of helplessness and guilt. Participants also mentioned that work conditions are not always ideal: contract duration is often less than a year, which does not offer stability; salaries are not always competitive; work/life balance is sometimes missing; the workload can be heavy; training opportunities can be limited.

What recommendations do you have to better support settlement staff?

Participants had many ideas to help better support settlement staff. Here are the suggestions that came up the most:

- Implement inclusive hiring policies to attract more representative staff
- Apply consistent approaches to mental health
- Develop creative tools to measure the work with clients
- Facilitate peer support for the team, organize staff social events
- Provide self-care opportunities to staff, wellness workshops
- Encourage staff to access the Employee Assistance Program (EAP)
- Provide a safe workplace and a no-judgement environment
- Offer self-care days in addition to sick days
- Allow remote work
- Management should regularly follow-up and debrief with staff
- Provide training on cultural competencies and stigma around mental health



What promising practices, tools and strategies are available to help settlement organizations better address mental health needs of clients and staff?

Participants mentioned allocating funding toward advocacy and employees' support resources as a critical element to help settlement organizations support clients and staff.

Training is also essential to build staff capacity within agencies, as well as providing crisis counsellors on-site for clients and staff.

They also discussed organizing helpful activities for clients to assist with mental health issues: wellbeing groups, multicultural festivals, gardening, holistic programs, acupuncture, etc.

What are the challenges facing settlement organizations to address mental health needs of clients and staff better?

Attendees identified the lack of resources as a serious concern: lack of staff who can speak the client's language, lack of health care services, lack of support for workers' mental health, lack of office space, lack of culturally responsive services. External issues can also be a challenge experienced by settlement staff. Participants feel that various levels of government don't always understand the situation entirely, which can lead to a broken system. Additionally, there can be some confusion due to the number of organizations involved in the referral process. Also, because of stigma surrounding mental health in some newcomer populations, it can be hard for immigrants and refugees to seek the help they need and to acknowledge that they have psychological problems.

Finally, peers discussed the human resources concerns faced by settlement organizations – mainly the high turnover rate partly explained by a combination of low salary and high workload. Some people also experienced micro-management situations and a siloed approach within the work structure.

What recommendations do you have for organizations to better address mental health needs of clients and staff?

Participants recommended that mental health be embedded and normalized in workplace culture. They suggested that culturally relevant mental health considerations should be integrated into all programming processes.

Attendees described some of the staff needs to feel supported: internal crisis hotline, peer support programs, stronger Employee Assistance Programs, pay raises, more staff, orientation on mental health, evaluation tools, mental health first aid training, increase of interpretation services, advocacy for front-line workers.

It is important to show innovation while developing programs. To do so, a few ideas were brought up: find champions within newcomer communities, create client advisory committees, organize fun social activities for clients.



What promising practices, tools and strategies can communities use to support newcomers with mental health needs?

Collaboration between organizations and communities appears to be a crucial element to support newcomers with mental health needs. Community leaders and champions can educate service providers and be key resources for outreach and support by helping shape relevant programming.

Participants suggested that mental health should be included in all programs and spaces (schools, mosques, churches). They highlighted the importance of building awareness and education campaigns adapted to newcomer communities, and taking into consideration culture and the intersectionality of gender.

What challenges do communities have in supporting newcomers with mental health needs?

Attendees identified several barriers faced by communities in regards to mental health: language, lack of knowledgeable interpreters, confidentiality issues linked to interpretation, gender perception within communities, isolation, lack of skills and training, lack of culturally appropriate programming, wait times.

It was noted that the Interim Federal Health Program offered clients coverage for one year only, which is not enough according to participants.

There also seemed to be a consensus around the fact that there is a lot of stigma surrounding mental health issues in newcomer communities. The subject is taboo in some communities which can lead to a lack of understanding and trust in the system. This makes it difficult for people to share their issues with other community members.

What recommendations do you have for communities to better support newcomers with mental health needs?

Again, partnering with communities was among the main recommendations made by participants.

In addition, attendees mentioned the following ideas to help better support newcomers:

- Seek and listen to direct feedback from clients
- Address newcomers' basic needs first
- Advocate for affordable housing, engage with property developers (housing is a big issue for clients with mental health problems)
- Increase mental health training opportunities for interpreters, employers, educators, settlement workers



APPENDIX



All photos ©ARAISA



Trauma & Resilience-Informed Approaches to Mental Health

PROGRAM

ARAISA FALL 2019 PD
October 8 to 10, 2019

Best Western Plus
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Halifax, NS



TUESDAY
OCTOBER 8

2:30 PM

Registration
Coffee & networking

3:00 PM

Welcoming address
Carolyn Whiteway
ARAISA Executive Director

3:15 PM - 4:45 PM (Lakeview A/B)

Keynote

Mental Health for Newcomers: An Overview, Dr. Ghayda Hassan

This session will offer an overview of common mental health challenges as experienced by immigrants and refugees. Participants in the session will have the opportunity to discuss culturally relevant screening tools and explore ways of supporting early identification of mental health challenges with newcomers.

Dr. Ghayda Hassan is a clinical psychologist and professor of clinical psychology at UQAM university in Montreal and has several research, clinical and community based national and international affiliations. Her systematic reviews, research and clinical activities are centered around four main areas of clinical cultural psychology: 1) Intervention in family violence & cultural diversity, 2) Identity, belonging and mental health of children and adolescents from ethnic/religious minorities, 3) Cohabitation, Intercommunity relations and violent extremism, 4) working with vulnerable immigrants and refugees.

5:00 PM - 6:30 PM (Lakeview A/B)

Dinner

6:30 PM - 8:30 PM (Lakeview A/B)

Panel: Experiences with Mental Health

This session will offer perspectives, stories and challenges from the lived experience of clients with mental health conditions.



8:15 AM

Coffee & networking

8:30 AM (Lakeview A)

Welcoming address

8:45 AM - 10:15 AM

WORKSHOPS A

Please refer to the back of your name tag to find your workshop.

A-1 / Mindfulness (Lakeview C)

Molly DeShong

Mindfulness is an approach to self-care that encourages us to connect with our mind, body and spirit. Mindfulness is a non-judgmental way of paying attention in the present moment to what is happening within us and around us. Participants in this session will learn more about mindfulness and explore ways to bring this back to their work with newcomers.

Molly DeShong is a counsellor-therapist and facilitator in Halifax, Nova Scotia. Molly has been supporting individuals and groups for over 25 years, focusing on mindfulness and emotional resilience, self-care, and communication/conflict dynamics.

A-2 / Impact of social determinants of health on newcomers (Lakeview B)

Lila Pavey & Sarah Blades, IWK Health Centre

Participants in this session will explore:

1. Social determinants of health and its relationship to stress.
2. Various stressors experienced by newcomers.
3. Consideration of cultural, religious and ethnic heritage when supporting clients.

Lila Pavey is a Health Promotion Specialist with the Mental Health and Addictions Team at the IWK Health Centre. Lila holds a Master's in Public Health from the University of Pretoria, South Africa and a Bachelor of Science in Biology from St. Francis Xavier University. Lila has 12 years' experience holding positions in Canada and Southern Africa in government, international organizations, and local non-profits. Lila has experience in program management in the fields of public health, gender, international and community development, adolescents and youth, behavior change, orphans and vulnerable children, HIV, and key populations. As a Health Promotion Specialist at the IWK Health Centre, Lila's role includes working toward upstream approaches to increase protective factors and reduce risk factors and inequities for children and youth in HRM.

Born and raised in Nova Scotia, Sarah Blades has worked in the field of Health Promotion for the past 12 years – holding various positions in government and non-government organizations. She is a graduate of the BSc Health Promotion program, and the BSc Psychology program at Dalhousie University. She also holds a Master of Public Health (MPH) from the University of Waterloo. Sarah has worked in the areas of Injury Prevention, Community Development, Occupational Health, Safety & Wellness and currently in Mental Health & Addictions at the IWK Health Centre. As a Health Promotion Specialist at the IWK Health Centre, Sarah's role includes working toward upstream approaches to increase protective factors and reduce risk factors and inequities, for children and youth in HRM.

A-3 / Intersectionality and Mental Health (Lakeview A)

Dr. Ghayda Hassan, UQAM

Offered in French with simultaneous translation available in English.

Racial/ethnic, gender, and sexual minorities often suffer from poor mental health outcomes due to multiple factors including inaccessibility of high quality mental health care services, cultural stigma surrounding mental health care, discrimination, and overall lack of awareness about mental health. Participants in this workshop will explore more how this intersectionality affects mental health outcomes for newcomers.

Dr. Ghayda Hassan is a clinical psychologist and professor of clinical psychology at UQAM university in Montreal and has several research, clinical and community based national and international affiliations. Her systematic reviews, research and clinical activities are centered around four main areas of clinical cultural psychology: 1) Intervention in family violence & cultural diversity, 2) Identity, belonging and mental health of children and adolescents from ethnic/religious minorities, 3) Cohabitation, intercommunity relations and violent extremism, 4) working with vulnerable immigrants and refugees.

10:15 AM - 10:30 AM

Break

10:30 AM - 12:00 PM (Lakeview A/B)

Keynote

Trauma and Resilience-Informed Approach, Dr. Sophie Yohani & Joanne Owuor Larocque

This session will benefit front line staff by offering them the opportunity to build on their experiences and strengths to further develop skills in working with people from diverse cultural backgrounds who are coping with trauma. The session will support participants to deepen their understanding and enhance resilience that they can bring to their work and lives.

Dr. Sophie Yohani is an associate professor and registered psychologist with background in counselling psychology, global mental health, elementary education and experience in community psychology, program development, and community-based research. Dr. Yohani maintains an interest in multicultural counselling, childhood and adult trauma, psychosocial adaptation, hope/resiliency, and community-based participatory approaches.

Joanne Owuor Larocque is a social worker with 12 years' experience in frontline settlement work. She is currently the Director, Children and youth programs at the Multicultural Association of Fredericton. She is deeply committed to the creation of anti-racist and anti-oppressive spaces and maintains an interest in cross-cultural experiences of wellness, trauma and resilience.

12:00 PM - 1:00 PM (Lakeview A/B)

Lunch

1:00 PM - 2:30 PM

WORKSHOPS B

Please refer to the back of your name tag to find your workshop.

B-1 / Trauma-Informed Approach applied to settlement work (Lakeview A)

Carmen Moncayo & Annemarie VanVuren, ISANS

ISANS' resettlement team has been exploring, learning and developing a Trauma-Informed Approach for settlement counsellors over the last 8 eight years. In this workshop we will share what we have learned in applying TIA to day to day settlement work. The workshop will be a knowledge exchange with participants. We will explore how our paradigms shift in using a Trauma-Informed Approach by utilizing a Family Portrait example.

The facilitators have been working with ISANS for over 15 years in different capacities to support newcomers' settlement process to Nova Scotia, particularly with Government Assisted Refugees. Their work has been guided by principles of empowerment and inclusion in a framework of a collaborative team approach. Both are very passionate about working with a trauma-informed approach, by challenging the work we do and exploring new ways to better accompany newcomers in their journey of building a new life in Canada.

B-2 / Un-program the Program: Healing, Connecting, and Community (Lakeview B)

Kimberly Orren, Fishing for Success & Suzy Haghighi, Association for New Canadians

This workshop will use group work collaboration across provinces/Settlement Service Providers to inspire innovative ways that smaller cities and rural and remote areas in the Atlantic provinces can harness local culture, nature, and community to positively impact the mental health of refugee women who have experienced trauma and sexual and gender-based violence.

Kimberly Orren is the founder of Fishing for Success, a nonprofit social enterprise in Petty Harbour that is creating a new pathway for all of us to reconnect with nature, ancestors, and community through our fishing heritage.

Suzy Haghighi, Association for New Canadians - Originally from Iran, Suzy now calls Newfoundland and Labrador home. She is the Director of Settlement Services at the ANC, and a registered social worker.

B-3 / Wellness for supportive caregivers (Lakeview C)

Prasanna Kariyawansa, IWK & Dima Abou Chaaban, YMCA of Greater Saint John

This session will introduce settlement workers to possible outcomes of caring work. Participants will have the opportunity to reflect on what brings them joy and satisfaction based on their personal, cultural, religious, ethnic and professional values and practices. Presenters will provide a framework for participants to use that can be customized to support healthy settlement workers as they deliver services to newcomers.

Prasanna Kariyawansa has worked in various mental health and community based services over the past twenty years. Prasanna has first-hand experience as a service provider to very young children, school aged children, youth as well as families. He has worked in the capacity of Youth Care Worker, Program Implementer, Child Mental Health Worker, Case Coordinator and Social Worker. His current role is Program Educator – Trauma Informed Care Team. In this role he helps professionals to integrate the principles of trauma informed care into their daily practice.

Dima Abou Chaaban is Interpretation Team Lead & Health Liaison at the YMCA of Greater Saint John, Newcomer Connections. She is also a TEDx Speaker and holds a Bachelor of Arts in Psychology and a Minor in Cognitive Neuroscience.

2:30 PM - 2:45 PM

Break

2:45 PM - 4:15 PM

WORKSHOPS C

Please refer to the back of your name tag to find your workshop.

C-1 / Understanding resilience in children and youth (Lakeview C)

Prasanna Kariyawansa, IWK

Participants will explore resilience in children and youth in the context of their family and their country of origin. Participants will be invited to consider the relationship between maladaptive coping strategies and survival strategies. Some strategies will be presented that can be used during interactions with children and youth to identify and foster their strengths which help build resiliency as a child or youth in a new country. Participants will explore how to identify strengths while considering the culture and ethnicity of the child or youth.

Prasanna Kariyawansa has worked in various mental health and community based services over the past twenty years. Prasanna has first-hand experience as a service provider to very young children, school aged children, youth as well as families. He has worked in the capacity of Youth Care Worker, Program Implementer, Child Mental Health Worker, Case Coordinator and Social Worker. His current role is Program Educator – Trauma Informed Care Team. In this role he helps professionals to integrate the principles of trauma informed care into their daily practice.

C-2 / Counselling and case management (Lakeview A)

Dr. Ghayda Hassan, UQAM

Offered in French with simultaneous translation available in English.

The session will offer a range of skills in how to describe active listening, empathy and collaborative relationships; define professional boundaries, emotional expressiveness and countertransference, as well as obstacles to good practitioner-client alliance.

Dr. Ghayda Hassan is a clinical psychologist and professor of clinical psychology at UQAM university in Montreal and has several research, clinical and community based national and international affiliations. Her systematic reviews, research and clinical activities are centered around four main areas of clinical cultural psychology: 1) Intervention in family violence & cultural diversity, 2) Identity, belonging and mental health of children and adolescents from ethnic/religious minorities, 3) Cohabitation, intercommunity relations and violent extremism, 4) working with vulnerable immigrants and refugees.

C-3 / An Intercultural Approach to Gender-Based Violence Prevention in Newcomer Communities (Lakeview B)

Kathryn Bates-Khan, YMCA of Greater Halifax & Ginette Gautreau, New Brunswick Multicultural Council

The session will provide you with responses on What is settlement work? What is gender-based violence? What are current Canadian stats and what efforts is the Canadian government making to end gender based-violence? How does GBV interconnect with Settlement Work? How can settlement workers be aware of GBV issues and resources and how can GBV practitioners meet the needs of newcomer families and individuals that are experiencing GBV? Warning signs and symptoms, when to make a referral, tips on dos and do not. What if a newcomer needs support around GBV? How do people take care of themselves when exposed to traumatic information? We can review self-care and discuss what works for service providers as well as share ideas around self-care. How can all aspects of settlement work be part of prevention work?

Kathryn Bates-Khan, BA (Hons), B.Ed. Kathryn is an educator and lifelong learner committed to social justice and human rights. Working and volunteering both locally and overseas has contributed to an appreciation for diversity and awareness of anti-oppression frameworks. In her career with the YMCA, Kathryn has led International Department programming travelling to and supporting our relationship with the Bogota YMCA. She has also led multiple programs for immigrant children and youth with particular experience in advocacy and working with youth at risk. She represents the YMCA on numerous community based boards and organizations including service provider round tables and the Local Immigration Partnership which reflects our approach to working collaboratively with community partners. She is currently leading the YMCA Gender-Based Violence Prevention Project.

Ginette Gautreau - With a background in international cooperation and women's rights, Ginette joined the New Brunswick Multicultural Council first as Project Manager, leading a project on supporting immigrant women experiencing domestic violence and instigating the creation of the New Brunswick Immigrant Women's Association. Following a year of maternity leave, Ginette returned to NBMC as Assistant Director. Prior to moving back to her home province, Ginette lived abroad in France and Mexico, as well as in Ottawa, where she worked with the Canadian Partnership for Maternal and Child Health, the Humanitarian Coalition, and the Canadian Embassy to Mexico. Ginette holds a Master's degree in International Development and Globalization from the University of Ottawa, and an Honours degree in International Relations from Mount Allison University.

5:00 PM - 6:30 PM (Lakeview A/B)

Dinner

7:00 PM - 8:30 PM

OPTIONAL NETWORKING & SKILL-BUILDING

Please refer to the back of your name tag to find your activity.

Fitness with Julianna Lagin-Nasse (Lakeview A)

Julie will lead you through various core/strengthening exercises and stretches with the goal of teaching you the concepts and tricks for you to be able to do them on your own. We will break down the exercises and show you how to engage your core properly. The format will lead you through exercises step-by-step and then give you an opportunity to ask questions and make sure the exercises work for you. We will do short sequences of exercises which you can fit into your day and then finish with a flow and relaxation/breathing exercises.

Julianna Lagin-Nasse (Julie) was born in small town Maine, USA and moved to Halifax in 2004 where she studied art, recreation and developed as a fitness professional. As a child she was extremely active in dance and sport and always loved seeing others discover the joy of moving as well. Julie was a performer and competitor all through elementary, high school and then in University. Julie's passion for fitness and helping others has been a life-long pursuit and it continues with 15 years in the fitness industry as an instructor and personal trainer. She has worked with a diverse portfolio of clients – from children to older adults to newcomers and those with various abilities. She has many certifications from Aqua, Spin, Zumba, Strength to Yoga and trains children in martial arts and is a member of Canfitpro and Nova Scotia Fitness Association. Julie started her own business (PUURE Fitness) in 2015 as she saw a need for a more focused one-on-one approach, providing instruction while ensuring the client enjoys the experience of becoming a healthier individual. She is a proud member of the YMCA Active Living team at the YMCA Centre for Immigrant Programs.

Art Therapy with Evie Dunville (Lakeview B/C)

Expressive arts are a life enhancing catalyst for healing. This session will focus on how art can be a tool of self care that will extend beyond the session. The Creative Wellness experience is one of heightened creativity and life enrichment, while resolving and integrating conflict, contributing to both individual and community well-being.

Evie Dunville is a Halifax/K'jipuktuk native, a doula, jeweller, writer and an Art Therapist. Evie completed her BA in Psychology at Mount Saint Vincent University, her BFA in Jewellery Design and Metalsmithing at NSCAD University, and her certification as an Art Therapist with the Kutenai Art Therapy Institute. Evie intertwines a feminist, humanistic and relational approach. This intentionality and way of being permeates her approach to therapeutic sessions, meeting the client with respect, faith and acceptance.

**THURSDAY
OCTOBER 10**

8:15 AM

Coffee & networking

8:30 AM (Lakeview A/B)

Welcoming address

8:45 AM - 9:45 AM (Lakeview A/B)

Keynote

Increased focus on mental health and well-being: A Settlement Program policy perspective

Natasha Beg, IRCC

Natasha Beg is an Assistant Director in the Settlement and Integration Policy Branch at Immigration, Refugees and Citizenship Canada. For the past 8 years, Natasha has worked on crosscutting settlement and integration policy and programming issues related to newcomers including focus on women, youth/children, seniors and in the area of mental health, GBA+ and gender-based violence. She holds a BSW and MSW from Carleton University.

9:45 AM - 10:00 AM

Break

10:00 AM - 11:30 AM (Lakeview A/B/C)

Roundtable discussions: challenges, promising practices and recommendations

Participants will have the opportunity to discuss challenges, promising practices, tools & strategies, and recommendations related to a trauma and resilience-informed approaches to mental health in the following areas:

- Clients
- Staff
- Organizations
- Community

11:30 AM - 12:00 PM (Lakeview A/B)

Sharing from Roundtable Discussions

12:00 PM - 12:15 PM

Evaluation & wrap-up

12:15 PM - 1:00 PM

Lunch

1:00 PM

End of event